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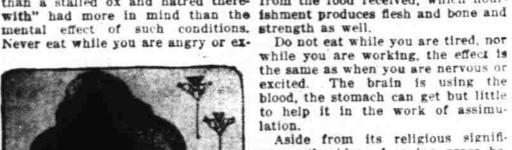


Cheer And Appetite

THE WRITER of the old proverb "Bet- and the quiet body allow the digester a dinner of herbs where love is, tion to abstract full nourishment than a stalled ox and hatred there- from the food received, which nourmental effect of such conditions, strength as well.

Being cheerful is the best sort of an

appetizer



cance, the idea of saying grace before meals is an excellent one from the standpoint of health, simply because the moment of quiet each member must spend while the words of blessing are pronounced, calms and soothes each one present. Keep your mind cheerful during

the meals at least. If you feel cross, or tired, or quarrelsome, control it until some time when you are not eating. During the three meals of the day, eat slowly, enjoy pleasant conversation, stop worrying, try to get the best from your food. You will be repaid by better digestion, and a distinct tendency towards a cheerfulness not forced for the

Questions and Answers

Three years ago I had continued indigestion, which left my skin rough and marked. Wherever there was a pimple, there is a blackhead now, and I want something to cure them and make my skin fine and white.-Jane.

Reply-I can send you a recipe for a lotion that will take the blackheads out of the skin, closing the pores and healing the little scars they make. Send me a self-addressed, stamped envelope for it. And wash the face daily with hot water and liquid soap, following this by a dash of cold water. Be careful of your diet.

cited, it is better if you skip an en-tire meal, than to force food into around the shoulders, and the bust, once your system, when that system is un-what can I do to restore the youthful look again! -Mrs. F. D.

The fat woman is cheerful, which is one of the reasons she is fat. Do not misunderstand, you who wish to harmless and good. This will also fill out reduce, and think that cheerfulness those bollows in the shoulders. It seems alone is the cause of your fleshiness. to me your condition is run down. I would advise a general tonic and plenty of exercise.

[Protected by The Adams Newspaper Service]



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NO. 14. IN MY LAST "talk" I tried to answer a girl who wanted to know why so many people had a bad name for picture actresses. I told her, you remember, that it was because people were usually looking for the bad in others and, just because the picture folk were so much in the limelight, they had the better opportunity to find there what little there was and to elaborate upon it.

In this same observation we may find a very good reason why the girl who aspires to be a picture actress should be most careful of her step. She may be sure that her smallest indiscretion will be magnified many-fold. It is all very well to declare, that we don't care what people say so long as it isn't true, but the fact remains that the malignant weight of gossip and insinuation, though it be false, is often the thing that snaps a girl's moral fiber. Many a girl has crumpled before the

finger of suspicion. Another thing to remember in this same connection is that, because of the foolish gossip about picture people, there are a lot of hair-brain men who have come to a conclusion that they may take any liberty they wish with a girl, so long as she is a film actress, and, I am sorry to say, there are a few thoughtless girls who encourage this opinion through what

they term "harmless flirtations." I would ask these girls to remember that picture acting demands just as much dignity and respect as any other profession, and, if they do not treat it so, they are playing false to it and to their sisters in the work. These "harmless flirtations" have always made me boil. It isn't that

I'm narrow or "piciunish" about such things, but, as a usual thing, the very attitude and state of mind of the man in these affairs are an insult to a girl's intelligence. There is no conceit so presumptuous as that of the man flirt. He carries a supercilious air of superiority and treats the girl as a mental nonentity. Why must some girls encourage him in it?

MILLS TEACHER

TO BE DEAN AT WILSON COLLEGE

Miss Harriet Congdon, instructor in English at Mills school, Manoa, has students and was well received by been elected dean at Wilson College, good-sized audience. a girls' school at Chambersburg, Pa. of her new position through a wireless message from the college au-

Wilson is one of the oldest col-Dr. E. D. Warfield, former president of Lafayette College. Chambersburg is a two or three hours' ride from

Miss Congdon has been at Mills only since February, when she came THE DAKE ADVERTISING AGENCY to take the position vacated by Miss 24 Sansome Street. San Francisco Mary Stambaugh. She came here after four years as dean of women at ed: "The wonderful power of Lydia Hillsdale (Mich.) College. She is 2 E. Pinkham's Vegetable Compound graduate of Mount Holyoke and took over diseases of women is not because post-graduate work at Oxford Univer- it is a stimulant, not because it is a sity and the University of Michigan. palliative, but simply because it con-She will probably leave here in Au- tains the very elements needed to tone gust to take up her new work.

---of Brazil.

SOPHOMORE CLASS OF MILLS SCHOOL GIVES SUCCESSFUL COMEDY

Boys of the sophomore class of Mills school gave an entertaining comedy, entitled "The Man Who Married a Dumb Wife," Saturday evening at the school hall.

This play, which was written by Anatole France for the Society of "Rabelasian Studies" at one of its regular meetings, was carried out in a creditable manner by the Oriental

Leading parts were taken by K Miss Congdon has just received word Doi, Park Pum Koo, Lee Pok Kee, S Takemoto and Henry Lee. Other parts were by No Whan Mon, Kim Fong Chong, Choy Doo Whan, Chang Kiong, K. H. Sunn, K. Watase, T leges for women in the East and is Maneki, Y. Sakuma, C. Umemoto, I held in high repute. Its president is Izumi, Peter Lee, Y. Muratsuka and K. Suzuki.

Refreshments were served by the entire class after the play was over the freshman boys assisting.

A FEARLESS PHYSICIAN

Such a physician recently remarkup the female system and strengthen the depleted organism." Of course Tea is one of the leading exports that is so, otherwise it could not succeed as it has.-Adv.



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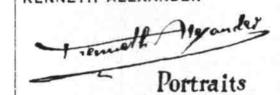
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MOVEMENTS OF MAIL STEAMERS

VESSELS TO ARRIVE

Wednesday, May 17. Vancouver-Niagara, C. A. str. Kauai-Kinau, I.-I. str. Thursday, May 18. Maui-Claudine, I.-I. str. Friday, May 19. (No ship's scheduled).

VESSELS TO DEPART

Wednesday, May 17. San Francisco-Wilhelmina, Matson

Australia-Niagara, C.-A. str. Hilo-Mauna Kea, I.-I. str. Thursday, May 18. Kauai-Kinau, I.-I. str. Friday, May 19. Maui-Claudine, I.-I. str.

MAILS Mails are due from the following points as follows: San Francisco-Matsonia, May 23. China and Japan - Tenyo Maru, May 22.

Australia—Sierra, May 23. Vancouver — Niagara, Wednesday, 8:30 a. m.

Mail will depart for the following points as follows: San Francisco-Wilhelmina, 10 a. m. tomorrow. Mails close 8:30 a. m. Japan and China-Seattle Maru, o'clock this afternoon. Mails close

- Niagara, Wednesday, Australia Vancouver-Makura, May 26.

POSTOFFICE TIME-TABLE FOR MONTHS

Following is the postoffice time-table for May. It is subject to change if sudgen arrangements are made for unexpected mail service.
UNITED STATES MAIL STEAMERS Steamers to arrive from-

17-Niagara Vancouver 23-MatsoniaSan Francisco 26-ChinaSan Francisco 26-Makura Sydney 29-Sonoma San Francisco | *3:59 p. m., *7:13 p. m. 30-LurlineSan Francisco

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17-Wilhelmina San Francisco 23-ManoaSan Francisco 23-SierraSan Francisco 26-Makura Vancouver 29-Sonoma Sydney G. P. DENISON, 31- Matsonia San Francisco Superinten ant.

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OAHU RAILWAY TIME TABLE

OUTWARD

For Walanae, Walalua, Kahuku and Way Stations—*9:15 a. m., *3:20 p. m. For Pearl City, Ewa Mill and Way Stations-+7:30 a. m., *9:15 a. m., *11:30 a. m., *2:15 p. m., *3:20 p. m., 5:15 p. m., 19:30 p. m., +11:15 p. m. For Wahiawa and Leilehua-*11:02 a. m., *2 40 p. m., *5:00 p. m., *11:30 p: m. For Leilehua-+6:00 a. m.

INWARD

Arrive Honolulu from Kahuku, Waialua and Waianae-8:36 a. m., 5:30 p. m. Arrive Honolulu from Ewa Mill and Pearl City-+7:45 a. m., *8:36 a. m.,

*5:30 p. m., *7:28 p. m. Arrive Honolulu from Wahiawa and Le.lehua-*9:15 a. m., *1:53 p. m.,

*11:02 a. m., *1:38 p. m., *4:24 p. m.,

The Haleiwa Limited, a two hour train (only first-class tickets honored), leaves Honolulu every Sunday at 8:36 a. m. for Haleiwa Hotel; returning arrives in Honolulu at 10:10 p. m. The 17-Niagara Sydney Limited stops only at Pearl City, Ewa 23-Tenyo Maru San Francisco Mill and Walanae.

*Daily. †Except Sunday. #Sunday F. C. SMITH.

G. P. A. TIDES, SUN AND MOUN.

Low Sun Sun Rises Tide Tide Rises Sets Ht. of Date-Tide Small Large Small Large Rises P. M. Ft. A. M. P. M. 3:39 6:33 May 152:52 2.0 1:40 7:32 9:51 5:20 2:24 8:04 10:45 5:20 6:34 4:23 163:32 2.2 5:19 6:34 Rises 174:16 2.3 3:11 8:38 11:40 8:19 5:19 6:35 3:56 9:15 185:00 2.3 a. m. 5:19 6:35 9:22 4:49 9:58 0:37 195:48 2.3 5:18 6:36 10:19 5:18 -6:36 11:09 Full Moon May 17 at 3:40 3. m.